

Sample Session Plan on Training on Mobility

Sample Plan #1

Warm-up

- Ask participants to identify issues in assisting survivors with mobility. Place issues on flipchart.

Content & Skill Presentation

- Using *Tips and Tools* for reference:
 - Identify factors that affect mobility (motor loss, muscle tone, sensation, balance, perception, fatigue, posture)
 - Identify the ways in which skin can be affected by impaired mobility
 - Stress importance of normal movement
 - Discuss the factors that will affect how a transfer is accomplished (*Tips and Tools* page 29)
 - Discuss and assist students to apply the principles of a safe transfer to assisting a specific survivor
 - Discuss the importance of communication with the survivor as the transfer is planned and carried out.
- Use the *Tips and Tools* video segment on transfer to highlight points
- Stress importance of looking for and using a therapist's recommendation for specific techniques
- Discuss useful methods of sharing information about a particular survivor's transfer technique, such as:
 - the use of a series of photographs showing the stages of the transfer. A convenient (but more expensive) method is to use a Polaroid camera or a digital camera to take photographs that could then be posted where they can be seen and followed by caregivers
 - using a whiteboard to record stages of a transfer (useful when a survivor's ability is changing)

Practice & Evaluation

- Divide group into pairs. Use transfer situations to allow each pair to apply information. Participants should focus on the preparation for the transfer, the application of principles as well as the technique. Ensure that each participant has the opportunity to be both the caregiver and the survivor.
- Encourage participants to discuss how they felt in their role as the survivor and as the caregiver. Were they anxious? Frightened? Were there times when the procedure felt uncomfortable or unsafe?

Sample Plan #2

This sample plan focusses on stimulating the visual, auditory and kinesthetic aspects of participants.

Warmup

- As per previous sample plan
- Content & Skill Presentation 1¼ Hour Session
 - Learning Outcomes
 - Describe stroke
 - Discuss how mobility is effected by stroke
 - Demonstrate safe and effective transfer from bed to chair (one & two person pivot transfer)

Time	Topic	Kinesthetic	Visual	Auditory
5 min	What is a stroke *overhead *mini lecture		x	x x
10 min	Factors effecting mobility *brainstorm		x	x
15 min	General principle for assisting *case study *overhead		x	x x
Practice & Evaluation				
15 min	One person pivot *role play	x	x	x
15 min	Two person pivot *role play	x	x	x
15 min	Wrap-up *video		x	x